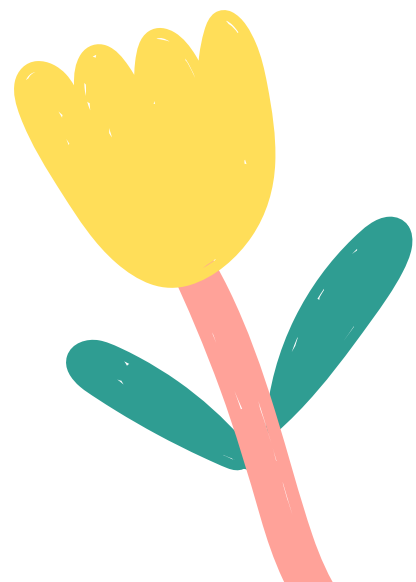
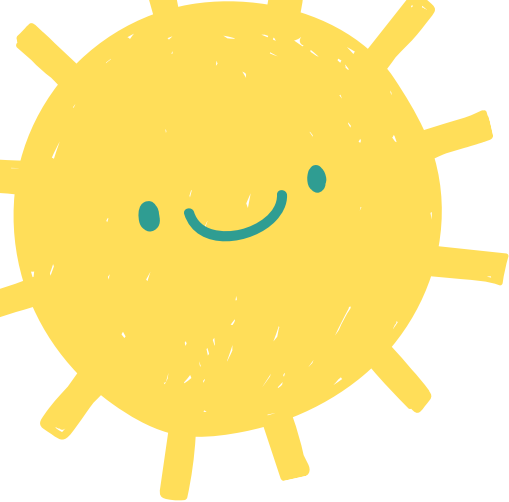


Participant's Guide 2026

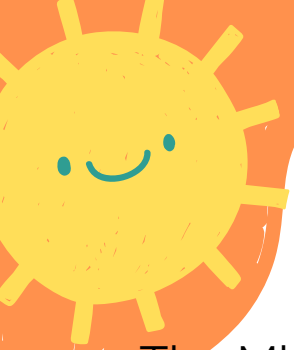




SUBJECT

PAGE

Who are we?	3
Schedules Addresses	4
Communications	5
Attendance What to pack	6
Food Household items	7
Camp clothing	8
Sunscreen Health and	9
safety Form to fill out	10
Code of conduct	11
	12
	13
	14
	15



Who are we?

The Minicamp Sportif is a day camp based in Saint-Donat-de-Montcalm that offers the opportunity to have a blast while fostering the overall social and emotional development of young people through various sports and activities! No need to be a professional in any sport! Your children will learn with us.

Our goal is to give children the skills, experience, and confidence they need to become accomplished athletes and well-rounded individuals. Our program is perfectly balanced between fun and development. You won't find a camp where the bond between counselors and children is stronger.

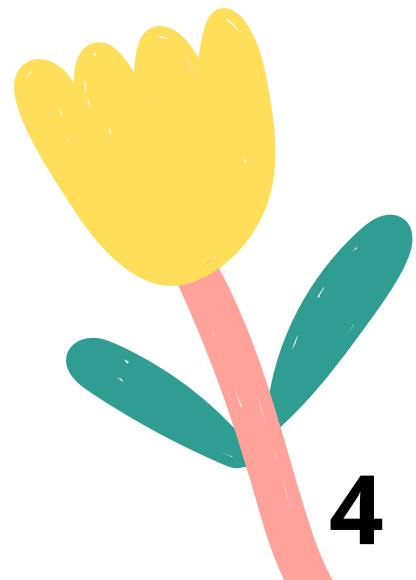
In addition to having instructors who are among the best in their field, we also have a lower instructor-to-child ratio than half of other camps. This allows our instructors to spend more time with each child and offer them a more personalized experience.

CAMPERS' HOURS

Morning childcare: 8:00 to 9:00 Camp
begins: 9:00 Camp ends: 16:00
Afternoon childcare: 16:00 to 17:30

WEEKS 2026

- Week 1: June 22-26
- Week 2: June 29-July 3
- Week 3: July 6-10
- Week 4: July 13-17
- Week 5: July 20-24
- Week 6: July 27-31
- Week 7: August 3-7
- Week 8: August 10-14
- Week 9: August 17-21



ADDRESSES IN ST-DONAT



LOCAL (BASE CAMP) / PRIMARY SCHOOL

495 MAIN STREET

SCENE

473 MAIN STREET

CHURCH

475 MAIN STREET

PRESBYTERY

381 ALLARD STREET

PPS = FULL SUN PARK

OPPOSITE 432 ALLARD STREET

DESORMEAUX PARK

541 DESORMEAUX STREET

PPV = FULL SAILING PARK / NAUTICAL CENTER

243 RUE ST-DONAT

PP = PIONEERS' PARK

14 HECTOR BILODEAU ROAD





COMMUNICATIONS

BEGINNING OF THE YEAR

Usually in mid-June, you will receive a comprehensive email with all the necessary information for the summer.

WEEKLY

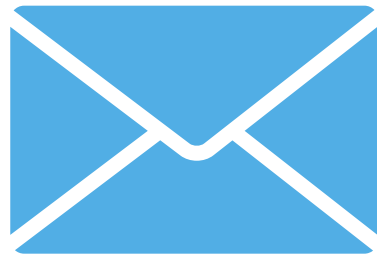
No later than the Saturday evening before each week, you will receive a short email regarding the week's schedule. As you know, the weekly schedules are already set, but if I see that the forecasted weather requires it, I will make the necessary adjustments on the Saturday before camp. This way, the weekly plan will be available at least 24 hours before the start of the week. And if the weather changes drastically during the week, I will inform you as soon as possible.

TO CONTACT US

By email: minicampsportif@gmail.com

By phone/text: (514) 701-3522

On Facebook: Minicamp Sportif



PRESENCES

Reporting of attendance

Any changes regarding attendance, late arrivals or late departures must be indicated in Planitou.

You can note your children's absences as soon as you know about them or notify us on the morning of.

No missed days can be rescheduled or made up.

ARRIVALS

An attendant will take attendance upon the children's arrival.

DEPARTURES

An attendant will take attendance when the children leave. Only those authorized on the Activity Messenger card may leave with the child. The child may also leave alone if this is indicated on their card.



What to put in the backpack

For every day of the week, your child will need a backpack with all of the following items:

A bottle of water of at least 500 ml;

- Sunscreen;
- Mosquito repellent;
- Cap/hat;
- Beach towel;
- Jersey;
- Spare clothing (socks, sweaters, pants, underwear for accidents);
- You know;
- Closed shoes if the children arrive in sandals or Crocs.
- Cold dinners and snacks (no microwave available).
- Sunscreen and insect repellent can be shared between siblings. If they can share without arguing, you can plan for only one child to carry these two items in their bag.



For swimming, a flotation jacket (if mandatory in Planitou OR if desired) and, if desired, a wetsuit.

Then the bicycle, their bicycle whose wheels are suitable for mountain biking on trails.

If it is requested in the Saturday message, the life jacket could also be needed on another day of the week.

If you're missing any equipment, or if, for example, you only have one bike per family, please let me know. We'll make sure your children don't have their lessons at the same time, or we'll try to find someone willing to share their equipment for a lesson. Write to me with any concerns; I'll be happy to try and find a solution.

FOOD

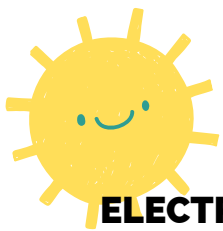
AT ALL TIMES

We ask that you provide more snacks than you think you'll need, as we're very active and the children are often hungry. However, we ask that the children not share their food. Allergies or not, it's not necessarily a good idea to try new foods.

WEEKLY

Each week, we will send you information about allergies if they are serious enough to warrant sharing. We ask that you do your best to comply with this requirement; otherwise, we will ensure that children with allergies and those who have the allergen are separated and that all children wash their hands after meals.





THINGS FROM THE HOUSE

ELECTRONICS

I understand that phones are sometimes necessary for adults who travel independently. However, it would be appreciated if you could make it clear to children that phones should not be used during the day. You know that electronic devices are a major source of distraction, and it's nearly impossible to get children to listen and pay attention when they have a phone and everyone is looking at it. If you have any concerns, please feel free to call me directly, and I will pass the message on to your child.

THINGS FROM THE HOUSE

Children are not allowed to bring toys from home. It's one more thing to lug around and keep an eye on everywhere we go. We're at camp to be active and play sports, not to play Pop-it. And unfortunately, it causes way too much squabbling. So please, things from home stay at home. Stuffed animals, games, etc.

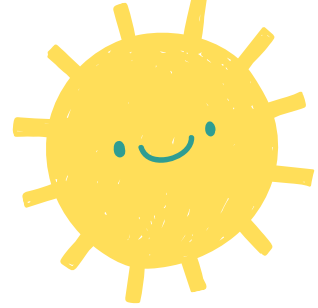
IDENTIFICATION

It would be really helpful if you could label all your children's belongings. So many things end up in our lost and found because children don't always recognize what they own.

LOST AND FOUND

One shelf is dedicated to items lost and found on the premises. These are all the items collected here. We are not responsible for lost items.





CAMP CLOTHES

SWEATERS

All children registered for camp automatically receive a t-shirt while supplies last. If your child is registered before mid-May, they will receive their t-shirt as their sizes are taken into account in the order. T-shirts and any additional clothing (if applicable) for children attending their first week of camp will be distributed on Monday upon departure. Each week, your child will be required to wear their t-shirt for one or two days due to logistical and safety reasons, particularly during travel and special activities. Your child may also wear their camp t-shirt whenever they wish.

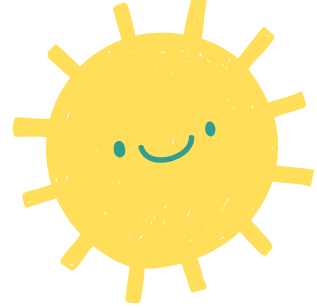
CLOTHING BUYING

While supplies last, you can purchase additional sweaters for \$22 and caps for \$27.

IDENTIFICATION

Once again, **CAMP SWEATERS AND CAPS MUST BE IDENTIFIED** please! They all have the same one so it would be nice to identify them.





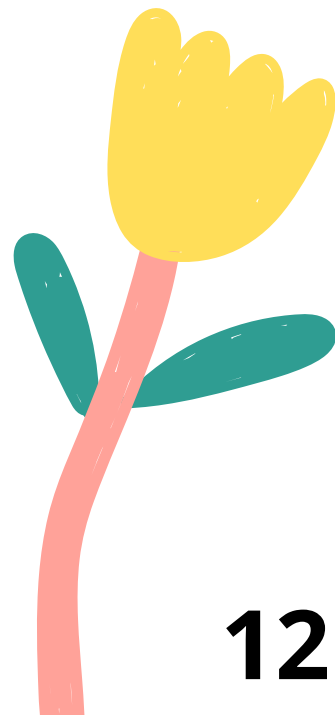
SUNSCREEN



SUNSCREEN

Children must be covered in sunscreen when they arrive at day camp.

- The facilitator must ensure at the beginning of the day that the child is moisturized, as we usually do after snack time or around 11 a.m. for the first time that day. Then every 2 hours.
- Each participant applies cream themselves, unless your child needs help with less accessible areas and you have given us permission to help your child if they need assistance.
- Due to allergies, the day camp does not provide sunscreen to participants.
- Sunscreen cream is allowed at camp; we're used to taking the time to apply it. So, cream or spray, it's up to you.
- It's important to make children aware that sunscreen sprays are not weapons for destroying ants! ;-)



HEALTH AND SAFETY

HEALTH RECORD

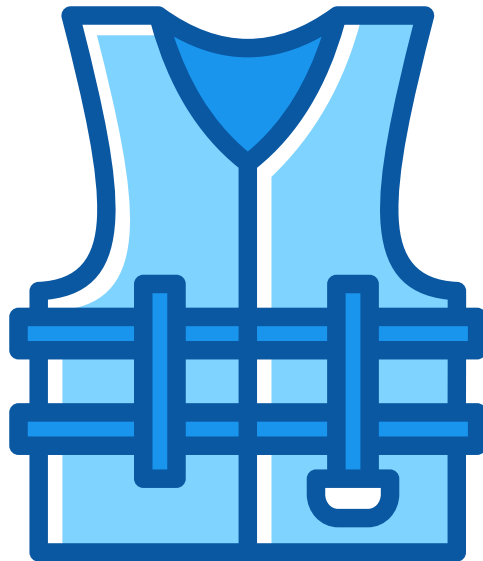
All information regarding your child's health will need to be completed or confirmed on Activity Messenger at the beginning of each season.

ALLERGIES

For all children with allergies, a photo in Activity Messenger is mandatory. If there is a reaction, we need to know if your child's face and airways are swollen.

BATHING

On the health form, a box must be checked to indicate whether a life jacket is mandatory for swimming. In the "swimming level" section, you can tell us if the life jacket is required at all times or if it can be removed during swimming.





DOCUMENT TO BE COMPLETED

CAMP DISCLAIMER

Before the start of camp, there is a document to fill out if it was not done in 2024, or if you want to change anything.

This is the release of liability. As you know, your children become the apple of my eye as soon as they arrive at the camp, that being said, my insurance companies require this document, just like at Isaute or Arbres-en-Arbres.

Please complete and return this document to me as soon as possible, electronically if possible. A paper copy will be given to you upon your first arrival if it is not completed earlier.

PERMISSIONS

On the front of the liability waiver, you will be asked for permission to grant certain permissions. These include helping to apply sunscreen, providing first aid, taking photos and posting them on Activity Messenger and/or the camp's Facebook page and website, and then preparing and sending you a Relevé 24 slip for your child's childcare expenses. In the latter case, you will need to provide me with your social insurance number if you did not provide it last year.

THIS DOCUMENT WAS SENT IN THE MID-JUNE EMAIL.



CODE OF CONDUCT FOR MINISPORTIFS

GOLDEN RULE OF THE MINICAMP SPORTIF

RESPECT

Respect for people:

Children at the camp, counselors, coaches, staff, everyone I come into contact with

Respect for the premises:

All the places, infrastructure, lands of the Municipality of St-Donat as well as the planet and keeping the places clean.

Respect for the equipment:

All games, balls, equipment from the camp or the Municipality

AS A MINISPORTIF:

I understand and I will apply the golden rule.

I'm having fun and I'm positive.

- I listen to the instructions from the animation team.

I try my best to participate in all the activities (or one of the two activities that take place simultaneously, even if I like some less).

I always stay with my group and my host

I speak to the activity leaders when I have a problem with another child in order to resolve the situation.

TO HELP US

PARENTAL COLLABORATION

The code of conduct applies to everyone. It is important to inform us of any specific behavioral and/or health concerns about your child on their health record on Planitou. We encourage you to provide us with any relevant information or advice that could help us offer the best possible support for your child. Your cooperation and assistance are essential and greatly appreciated.

DISCIPLINARY MEASURES

At all times, the counselors intervene with the children: a child may initially receive warnings without any further consequences. There is usually a graduated scale in the application of sanctions. However, depending on the actions taken, it is possible to proceed directly to a more severe sanction, without a graduated scale. See the possible disciplinary levels on the following page.



CODE OF CONDUCT FOR MINISPORTIFS (CONTINUED)

THE 3 LEVELS OF DISCIPLINARY OPINIONS

DISCIPLINARY NOTICE - YELLOW LEVEL EXAMPLES OF BEHAVIOUR

Receiving more than 3 warnings for the same disruptive behavior

- Using inappropriate language
- To mock someone, insult them, or make disrespectful remarks
- Act of violence towards or against any person in the camp or elsewhere
- Lack of respect

POSSIBLE SANCTIONS

Verbal warning for the child

- Restorative gesture

Partial withdrawal for an activity

Contact with the parent

DISCIPLINARY NOTICE - ORANGE LEVEL EXAMPLES OF BEHAVIOUR

Repeat the behaviors for which the child received a YELLOW level warning

- Intimidating or threatening another child
- Serious lack of respect

POSSIBLE SANCTIONS

Internal suspension / complete withdrawal from an activity

- Restorative gesture

Contact with the parent

Implementation of an intervention plan

DISCIPLINARY NOTICE - RED LEVEL EXAMPLES OF BEHAVIOUR

Repeat the behaviors for which the child received an ORANGE level warning

- A very serious lack of respect, such as biting or spitting on anyone.
- Refusing a sanction applied because of previous behavior

POSSIBLE SANCTIONS Depending on the severity and context:

- Suspension (without refund)
- Automatic return with no possibility of return (no refund)
- Restorative gesture

We will not necessarily issue disciplinary notices in every case of behavior, but we do so when necessary.